

# TRIANGLE HILLS (\*\*) CAMP & RETREAT CENTER





Get ready to explore, connect, and create lasting memories at Camp Triangle Hills, the newest addition to the YMCA of Crossroads family! Nestled amidst 144 acres of rolling hills and scenic beauty, our camp offers a unique blend of outdoor adventure and indoor comfort.

#### **More Than Just Summer Camp**

Camp Triangle Hills isn't just for summer! Whether you're looking for a fun-filled family outing, a challenging individual pursuit, or a memorable group experience, we have something for everyone. Imagine:

#### **Thrilling Adventures**

Challenge yourself on our high ropes course, explore nature on scenic hiking trails, or cast a line in our stocked fishing pond.



#### **Family Fun**

Bond with your loved ones over a picnic lunch in our scenic picnic areas, play classic board games in the cozy comfort of the Mary G. White Lodge, or simply enjoy the natural serenity together. Let the kids explore the playground while you relax and take in the views.

#### **Group Getaways**

Plan an unforgettable field trip, teambuilding retreat, or special event in our versatile lodge or spacious pavilion.

#### Open Exploration & Scheduled Activities

At Camp Triangle Hills, you can choose your own adventure! Explore our vast property at your own pace, or participate in a variety of scheduled activities led by our passionate and experienced staff.

Discover all the incredible experiences waiting for you.

Remember, your Crossroads YMCA membership grants you access to Camp Triangle Hills! Visit your local branch to inquire about membership.

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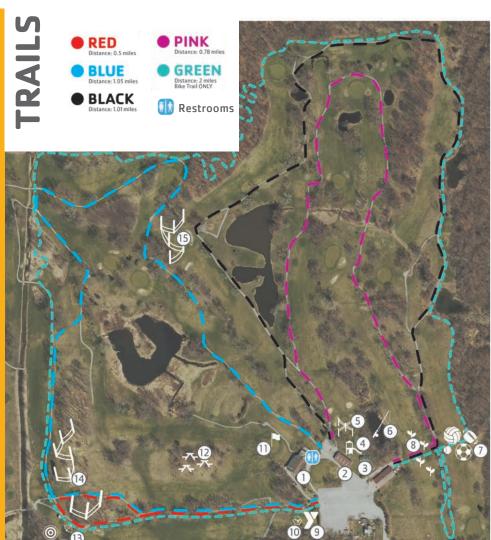


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Conquer your fears and test your agility on our high ropes course and rock-climbing tower. Safety first! We provide all participants with harnesses and helmets for a secure climb.

Participants must be between 45–265 lbs, 4′5′ and 6′3″ tall, and at least 8 years old to climb.

Members can sign up for climb times in the spring – fall and climbing experiences can be packaged in to field trips, retreats, and private rentals.

#### **High Ropes**

Our high ropes course offers an exhilarating adventure for you to conquer! Navigate a series of raised platforms, 10 and 20 feet high, connected by 16 unique challenges like ropes, cables, bridges, and more.

Safety is our top priority. Trained facilitators will be there every step of the way to guide and encourage climbers. Before embarking on their aerial journey, campers will attend "ground school," practicing using the smart belay equipment at ground level.

#### **Y** Tower

Take your skills to new heights on our one-of-a-kind rock-climbing tower shaped like the iconic YMCA "Y"! Standing at a staggering 40 feet tall (the tallest Y in the world!), this multi-faced structure offers five unique climbing challenges. The exterior faces present a variety of angles, perfect for beginners to hone their skills or for seasoned climbers to test their limits. An interior face provides an additional climbing experience. Trained facilitators will be on hand to offer guidance and encouragement every step of the way.





#### **Build Teamwork on Low Ropes Courses (Groups Only)**

Challenge your team and forge lasting bonds on our exciting low ropes courses! Nestled amidst the woods, these innovative structures made from wood, cables, and ropes provide a unique setting for team-building exercises.

#### **Boost Your Team's Strengths**

- Communication & Collaboration: Our low ropes challenges will push your team to communicate effectively and work together towards a common goal.
- Problem-Solving & Creativity: Think outside the box and develop creative solutions as you navigate each obstacle course.
- Memorable Experience: Low ropes courses provide a fun and engaging way to build lasting memories and strengthen team camaraderie.

#### **Expert Guidance**

- Trained Facilitator: A skilled guide will lead your team through each challenge, ensuring a safe and rewarding experience.
- Debrief Discussions: Don't just complete the course – learn from it! Our facilitator will lead insightful discussions to help your team apply their newfound skills back in the real world.





#### **Fishing**

Calling all aspiring anglers! Reel in some fun and relaxation at our very own stocked fishing pond. This peaceful spot features a handy dock and offers a catchand-release fishing experience for YMCA members.

#### Here's what makes our pond unique:

- No Fishing License
   Needed: Since the pond is
   located on private YMCA
   property, you won't need a
   state DNR fishing license to
   participate!
- Convenience is Key: Simply swipe in at the lodge and our friendly camp staff will be happy to direct you to the pond.
- Bring Your Own Gear: Get ready to cast a line with your personal fishing equipment (not provided).
- Fishing Hours: For the most up-to-date fishing hours, be sure to check the YMCA app.

So grab your rod and reel, and get ready to enjoy a relaxing day by the water!

#### **Archery**

Sharpen your focus and test your aim in our exciting archery program! Under the guidance of our skilled instructors, campers will learn the fundamentals of archery in a safe and controlled environment. Our instructors will emphasize safety and proper technique, ensuring a fun and rewarding experience for all ages.

#### Here's what makes our Archery program a bullseye:

- Expert Instruction: Our qualified instructors will guide you every step of the way, promoting safety and proper technique.
- All Equipment Provided: No need to worry about bringing your own gear – we provide all the necessary archery equipment for a successful session.
- Open to All Ages: We offer archery classes specifically designed for youth, teens, and adults!
- More Than Just
   Camp: Looking for a unique activity for your private rental, retreat, or field trip?
   Consider adding archery to your itinerary!

So, whether you're a seasoned archer or a curious beginner, our archery program is sure to hit the mark!

#### Hiking

#### **Explore Nature on Scenic Trails**

Lace up your boots and hit the trails! Our four paved paths (0.5 – 1.05 miles) cater to all ages and abilities. Perfect for a family stroll, bike ride, or solo hike, these paths wind through our beautiful 144–acre property, offering scenic views and a chance to connect with nature. Open hiking hours are listed on the Y app.

#### **Explore with Us:**

**YMCA Members:** Enjoy open hiking access with your membership.

**Private Rentals & Groups:** Access to trails is included with any private rental, field trip, or retreat.



#### **Camp Triangle Hills Fitness!**

**Expand your workout routine and experience the beauty of Camp Triangle Hills with our exciting Fitness classes!** Just like at our other Crossroads YMCA locations, Camp Triangle Hills offers a variety of free Group Ex classes for members.

#### **Unwind with Scenic Yoga**

- Immerse Yourself in Nature: Unwind and find your inner peace in our unique yoga sessions overlooking the breathtaking views of Camp Triangle Hills.
- Embrace the Outdoors: During the warm summer months, soak up the sunshine, listen to the birds chirping, and breathe in the fresh air as you practice yoga outdoors.
- Year-Round Serenity: In the colder months, our yoga sessions seamlessly transition indoors to the Mary G. White Lodge. The floor-to-ceiling picture windows ensure you won't miss the stunning scenery while you flow through your practice.

#### **Hike Your Way to Fitness**

 Fitness Hiking with a Guide: Join our guided fitness hiking class led by a skilled instructor. Warm up with stretches and embark on a rejuvenating hike through the scenic trails of our 144– acre property.

#### More to Come!

- We're constantly expanding our offerings at Camp Triangle Hills. Stay tuned for exciting new Group Ex classes to be added in the future!
- Available to add any fitness class to your group experience, field trip, retreat or event!

#### Convenient Class Schedules & Reservations

- Find Your Perfect Fit: Browse all available Group Ex class times on the Crossroads YMCA app.
- Reserve Your Spot: Don't miss out! Reserve your spot in your favorite Group Ex class conveniently through the app.

Experience the perfect blend of exercise and nature at Camp Triangle Hills Group Ex classes. Start your journey to a healthier you today!



#### **Host Your Perfect Event at YMCA Camp Triangle Hills!**

Looking for a unique and scenic venue for your next gathering? Look no further than YMCA Camp Triangle Hills! Our beautiful Mary G. White Lodge offers a variety of rental options to accommodate any experience, from intimate meetings to celebrations.

## E LODGE

**Unforgettable Views:** Breathtaking floor–to–ceiling picture windows showcase the stunning natural beauty of our 144–acre property.

#### **Upstairs Level:**

**Relaxed Ambiance:** Uplifting atmosphere created by classy lounge furniture arranged in comfortable conversation pods.

**Prep Kitchen Convenience:** A fully equipped prep kitchen is available for preparing light refreshments and snacks.

**Outdoor Enjoyment:** Access to a spacious wrap-around balcony with inviting furniture, perfect for taking in the fresh air and scenic views.

#### **Downstairs Level:**

**Meeting Ready:** Two distinct meeting spaces, including a conference room, provide a professional environment for presentations and discussions.

**Outdoor Connection:** Step outside to the scenic back patio area, complete with comfortable furniture, ideal for socializing or enjoying a breath of fresh air.

#### **Additional Amenities:**

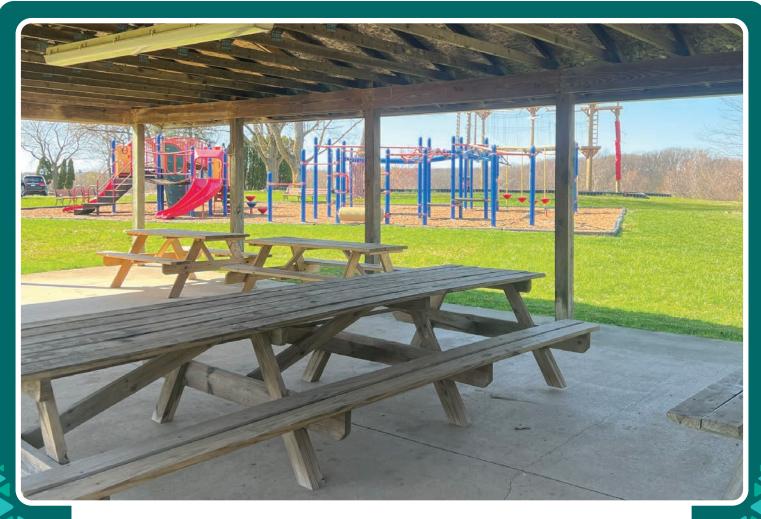
**Large TVs:** Enhance your presentations with our high-definition TVs available in both upstairs and downstairs spaces.

**Rolling Whiteboards:** Facilitate brainstorming sessions and interactive presentations with our convenient whiteboards.

**Fire Pits:** Cozy up under the stars with a crackling fire pit (restrictions may apply).

And More! We offer a variety of additional amenities to customize your event experience. Call us at 219 663 8335 or email trihills@crymca.org for rental info.





E PAVILION

Perfect for casual gatherings or outdoor activities, our spacious pavilion is conveniently located next to the playground. This space features:

**Easy Access:** Situated close to the lodge for convenient restroom access.

**Electrical Hookups:** Electricity is readily available for powering your event needs.

**Picnic Tables:** Enjoy a relaxing picnic lunch or outdoor games at the nearby picnic tables.

**Adventure:** Add any of our adventure experiences to your pavilion rental.

#### **Imagine Your Perfect Event**

The Mary G. White Lodge and Pavilion at Camp Triangle Hills are ideal for a variety of events, including:

- Private Parties: Celebrate birthdays, anniversaries, graduations, or any special occasion with family and friends in a unique and memorable setting.
- Showers: Host a beautiful baby shower or bridal shower for your loved one surrounded by nature's beauty.
- Corporate Events: Plan a team-building retreat, corporate meeting, or client appreciation event in our inspiring surroundings.



Camp Triangle Hills offers a unique and versatile setting for your next event. Contact us today at trihills@crymca.org to discuss your rental options and create a lasting memory at our beautiful facility!

#### **Unforgettable Group Experiences at Camp Triangle Hills!**

We offer exciting group trips perfect for a variety of organizations, including:

- Schools: Plan an educational and enriching field trip that incorporates activities like archery, nature exploration, and team-building challenges, climbing, and more.
- Scouts: Earn badges, learn new skills, and build camaraderie with exciting outdoor adventures tailored to your troop's needs.
- Businesses & Organizations: Revitalize your team with a unique business retreat.
   Our low ropes courses and other activities foster communication, collaboration, and problem-solving in a fun and inspiring environment.

#### **Customize Your Group Trip**

The beauty of a YMCA Camp Triangle Hills group trip is its flexibility! We can create a custom itinerary that incorporates any of the activities we offer, catering to your group's age, interests, and goals.

#### **Looking to Achieve Specific Results?**

Tell us what you want your group to take away from their experience. Our experienced staff will design a program that addresses your goals, ensuring your group leaves with a sense of accomplishment and lasting memories.

#### **Ready to Get Started?**

Contact us today to discuss your group trip and let us help you create an unforgettable experience at YMCA Camp Triangle Hills!







#### **Unforgettable Summer Adventures Await at Camp Triangle Hills!**

Welcome to summer camp, reinvented! At Camp Triangle Hills, we're taking the YMCA's renowned summer camp program and adding a whole new twist – the great outdoors!

#### **Camp for Growing Minds & Skills**

Camp Triangle Hills is the perfect summer destination for campers entering grades 3rd through 9th. Our program fosters the development of the YMCA's core values – caring, honesty, respect, and responsibility – in a fun and engaging way. Through exciting outdoor adventures, campers will learn valuable life skills while building lasting memories.

#### **More Than Just Activities**

Sure, campers will participate in all the classic camp activities you love, like rock climbing, archery, hiking, and fishing. But Camp Triangle Hills goes beyond those experiences. We incorporate:

- Camp Games & Crafts: Unwind and unleash your creativity with traditional camp games and creative craft projects.
- Community Building Activities: Make lasting friendships and learn the importance of teamwork through engaging group activities.

 Experienced Counselors: Our dedicated and well-trained counselors are passionate about creating a safe and positive environment for your child to thrive.

#### **Day Camp Convenience**

Enjoy the best of both worlds! Camp Triangle Hills is a day camp program, allowing campers to experience the magic of summer camp while returning home each evening to rest and share their stories.

#### **Bringing Camp Closer to You**

We want everyone to experience the wonder of Camp Triangle Hills! That's why we offer convenient bus transportation from each of our Crossroads YMCA locations. Simply drop off your camper at your local YMCA branch, and our reliable bus service will handle the rest, ensuring a safe and comfortable journey to and from camp each day.





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